

Authentic Health

SMALL GROUP TRAINING TIMETABLE

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
6AM	Strength Nation		Strength Nation		Meta HIIT	8:30 Strength Nation
MIDDAY		Meta HIIT		Meta HIIT		9:30 Meta HIIT
6:15PM		Meta HIIT		Meta HIIT		
7PM	Strength Nation		Strength Nation			

NOTES

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